

I Pledge Allegiance to My Health

This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!



I pledge allegiance to my health,
to not compare myself to anyone else.
With fruits and vegetables I'll fill my tray
and get nice and sweaty every day.
I have only this body and this one heart
so today's the day I'm going to start
eating less chips and less sugary drinks
and before I eat I'm going to think!

Name



Berries grow on a bush.

Berries

Nutrition Facts

Serving Size: ½ cup blueberries (74g)
Calories 42 Calories from Fat 0

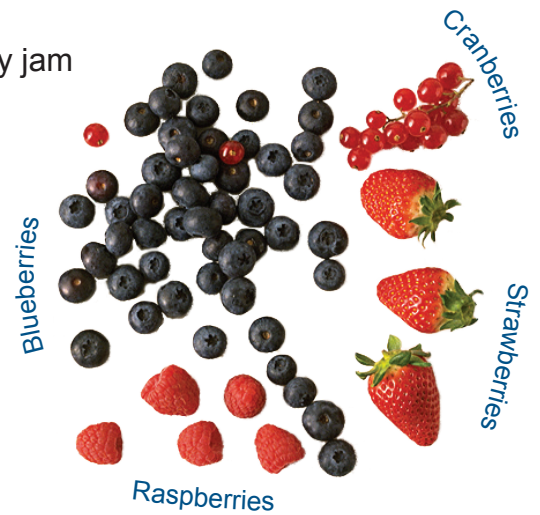
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	

Vitamin A 1% Calcium 0%
Vitamin C 12% Iron 1%
Other nutrients: Vitamin K (18%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09050

- A ½ cup of blueberries is a rich source of phytochemicals.
- Colonists learned from Native Americans how to gather blueberries, dry them under the summer sun, and store them for winter.
- Berries are used to make jellies, jams, and sauces like strawberry jam and cranberry sauce.
- There are four colors of raspberries: gold, black, purple, and red.

- Where do strawberries come from? Visit: <http://bit.ly/V6dJYn>



See the *Cottage Crunch Berries* recipe in *Tasting Trios*.

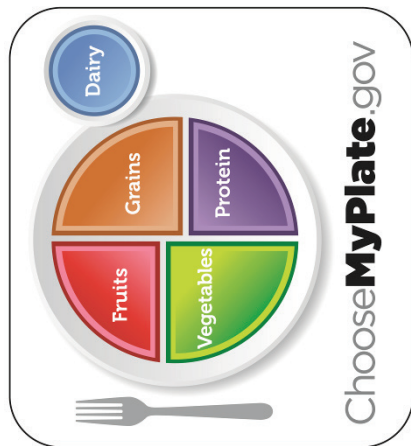


- Write one thing you learned about strawberries from the video.

Choose MyPlate to help make healthy food choices!

MyPlate helps you see what a healthy plate looks like. We need to be sure to pick foods from each group every day. It is important to eat different foods every day to make sure you get all the nutrients your body needs to stay healthy.

- Write the name of the foods below in the correct food group.
If you are unsure about which food group a food belongs to, refer to the next page.



						
Cheese	Beans	Tomato	Egg	Raisins	Yogurt	Radish
						
Blue-berries	Orange	Tortilla	Lowfat (1%) Milk	Cereal	Peanut Butter	Bread

Fruits	Grains	Protein	Vegetables	Dairy
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

Foods Found in MyPlate



Apples	Peaches
Bananas	Pears
Blueberries	Pineapple
Cantaloupe	Plums
Cherries	Raisins
Grapefruit	Raspberries
Grapes	Strawberries
Kiwis	Watermelon
Oranges	100% fruit juice



Breakfast cereal	Popcorn
Brown rice	Pretzels
Corn flakes	Spaghetti
Crackers	Tortillas like corn, flour, and whole wheat
Grits	Whole wheat bread, cereals, crackers, and pastas
Macaroni	
Noodles	
Oatmeal	



Asparagus	Kale
Beans like lima, kidney, and pinto*	Lettuce
Beets	Potatoes
Bell peppers**	Pumpkin**
Broccoli	Radish
Carrots	Spinach
Cauliflower	Squash**
Corn	Sweet potatoes
Dark green leafy lettuce	Tomatoes**
Green beans**	Turnip
Green peas*	Vegetable juice
	Zucchini**

*beans and peas can also go in the protein group
 **these vegetables are the fruit part of the plant because they contain the seeds of the plant



Beans and peas (see vegetables)	Peanut butter
Beef	Sunflower seeds
Chicken	Turkey
Eggs	Veggie burger
Fish	
Nuts like almonds, cashews, and walnuts	



Cheese
 Non-fat or low-fat milk
 Non-fat or low-fat yogurt

